



The Joys of Cycle Touring

George Coulouris



More Scotland

Glasgow - John O' Groat's



Lairg - Cape Wrath



Outer Hebrides



Scotland

Fort William - Torridon



Carlisle - Glasgow



England

Herefordshire and the Brecon Beacons



East Coast (Sustrans NCN1) *in sections*



Netherlands

The Hague - Gorinchem - Hook



Lille to The Hague via Gent and Maastricht



Ireland

September 2010: Larne to Derry via Rathlin Island and the Giant's Causeway



July 2002: Cork to Galway via the Aran isles



Not just tandems



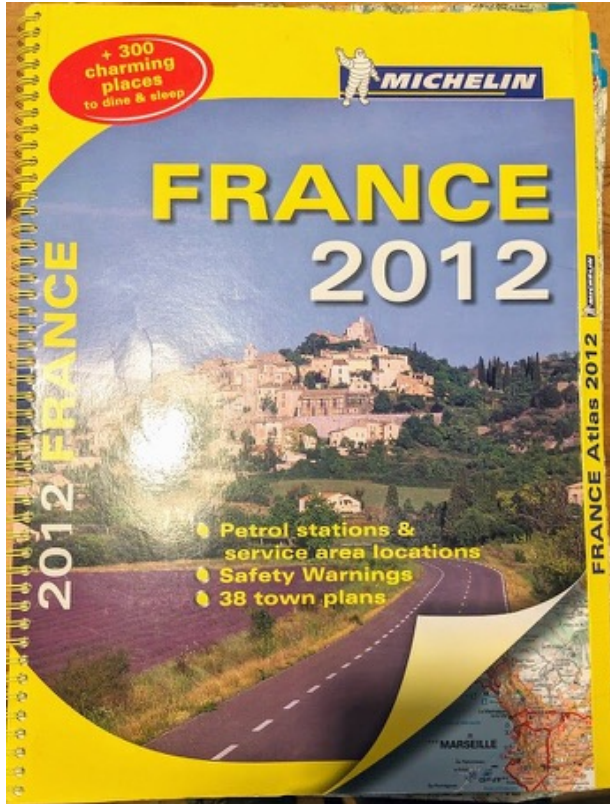
Tips based on our experience

- **Luggage:** keep to a minimum – ~ 7 kilos each – in one large pannier or 2 small for clothing and a couple of small bags for picnic supplies and other necessities.
- Detailed **route planning** done on a day-to-day basis using pages taken from a Michelin 1:200,000 or similar road atlas.
- **Navigation:** Map and **Garmin** GPS on handlebars.
- **Daily distances** in the range 40-120 kms (25-75 miles), depending on terrain and our desire to take sufficient time each day to enjoy sights in the towns and villages that we pass through.
- **Hills:** check hills on your planned routes are reasonable. 1000 - 1500 m of climbing per day is good for us. Legs get stronger so not too much climbing on first days.

Tips based on our experience

- **Accommodation**, B & B's reserved in advance when there is likely to be strong demand (e.g. at weekends and in seaside resorts). Hotels and hostels when no B & B available. 'Friends of the bicycle' (NL & Belgium), 'warm showers' (UK and elsewhere)
- **Picnic lunches** and restaurant or host-provided dinners.
- **Getting to the start**: In the UK we travel by train to the start and finish of each tour. In France we often used the [European Bike Express](#) to drop us off or pick us up from the destination. Many trains in France are bike-accessible with a 10 euro charge. Eurostar is bike-bookable.
Netherlands: Harwich - Hook of Holland ferry then train. Virtually all trains in NL are cycle-friendly.

Navigation: the joy of paper!



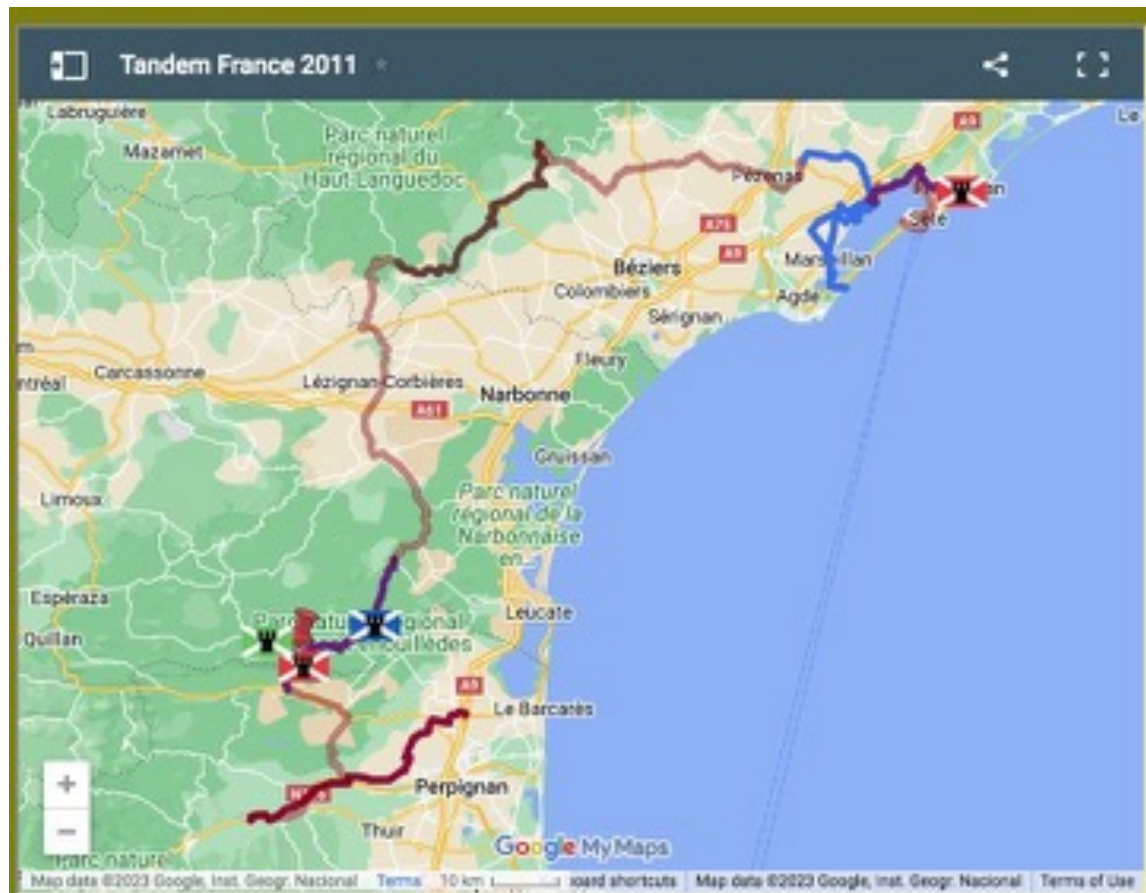
- We use pages extracted from a good road atlas
- Overview of every road in a 50 km² + area
- Doesn't need power
- Plastic bag keeps it dry
- Attaches to handlebars (e.g. on bar bag)

- It doesn't tell you **exactly** where you are. For maximum reassurance I use a GPS device too. It's particularly reassuring at multi-way junctions. It records your entire route for gloating over at home.
- A phone can do this too, but is vulnerable to shocks and wetting, and a phone battery won't last a whole day while tracking.

The joy of knowing where you are,



.,. where you're going and where you have been!



Links

Our blogs:

Google “George and Jean's Holidays and Pastimes”

(www.coulouris.net/george-jean/)

Bike Maps shop:

bikeridemaps.co.uk/product-category/european-cycle-routes-france-danube-spain-italy/france-cycle-route-maps-and-guide-books

Veloscenic - Paris-Versailles-Mont St Michel
SALE! £12.95 £11.95

Cycling the Canal du Midi
SALE! £14.95 £13.45

Cycling the River Loire - Cicerone Guide
SALE! £16.95 £14.95

France en Velo
SALE! £16.99 £14.99
Add to basket

River Rhone Cycle Route
SALE! £17.95 £16.95

Cycling the Canal de la Garonne
SALE! £14.95 £13.25